



# All Recreate on Fridays Newsletter Contribution Form



Organization: \_\_\_\_\_

ARF Coordinator (contact person): \_\_\_\_\_

E-mail: \_\_\_\_\_ Phone #: \_\_\_\_\_

## Contribution Categories:

### 1. Photographs

Please send us photographs of your kids participating in ARF activities! Please save photos as .jpg if you are sending them via e-mail. Let us know where we can use your photos - on our web page, just for our scrapbook files, in area newspapers, or just the newsletter that will be sent across Nebraska to ARF participants beginning this fall.

### 2. Activity Ideas

Get creative! Coordinators and kids are invited to send in their ideas for getting more active. Ideas can be anything including games, new variations of old activities, sports tips, a list of "things to do" in your town, or suggestions on how to turn everyday activities into a workout.

### 3. Health Tips

Have some information about obesity, nutrition, stretching, etc. that you would like to share with others? Let us know! Be sure to include the information source.

### 4. ARF Success Stories

Coordinators - how did you incorporate ARF into your already-existing program? How did ARF fit into your curriculum? Are you participating in other Nebraska physical activity initiatives such as Nebraska on the Move, Girls on the Run, N-Lighten Nebraska, Activate Omaha, etc.? How did you get parents and the community involved in your effort?

Please submit all contributions to:  
[arf@hhss.ne.gov](mailto:arf@hhss.ne.gov)